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Wellness Program Educational & Training Presentations

2008

“Enhancing Excellence in the North Dakota Workplace” Presentations

The St. Alexius Employee Assistance Program provides an ongoing series of educational presentations on health and wellness themes of interest to employees and their families. The series, Enhancing Excellence in the North Dakota Workplace, is offered at ten locations in North Dakota to better serve the needs of organizations and their employees. This unique feature of our program is provided three times per year as a courtesy of the Employee Assistance Program at no cost to covered organizations or to the personnel who attend.

Health & Wellness Educational & Training Themes

The St. Alexius Employee Assistance Program provides access to a broad compliment of educational and training presentations related to health and wellness.

Health & Wellness Themes Include:

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| ■ Creating a Positive Work Environment | ■ Diversity in the Workplace |
| ■ Stress Management | ■ Keys to Change in the Workplace |
| ■ Dealing with Depression | ■ Substance Abuse Awareness |
| ■ Developing Positive Self-esteem | ■ Addiction & the Family |
| ■ Dealing with Conflict | ■ Parenting & Family Relationships |
| ■ Enhancing Your Morale | ■ Healthy Marital Relationships |
| ■ 20 ways to Manage Frustration | ■ Managing Financial Resources |
| ■ The Pressure Cooker Syndrome | ■ Improving Relationships |
| ■ Managing and Responding to Anger | ■ Dealing with Workplace Crisis |
| ■ Achieve Your Personal Balance | ■ Dealing with Grief & Loss |
| ■ Managing Stress & the Holidays | ■ Battling Workplace Violence |
| ■ Sign & Symptoms of Job Stress | ■ Critical Incident Stress Debriefing |
| ■ Shift Work Stress Management | ■ Managing Negativity |

Health & Wellness Publications

The St. Alexius Employee Assistance Program provides a variety of health & wellness publications, handout materials, training booklets and brochures. These publications and informational materials are designed to compliment existing state agency wellness programs, and to promote positive development and functioning.

Professional Update Themes on Health & Wellness:

In addition to bi-monthly health & wellness Professional Update Newsletter Articles, the St. Alexius Employee Assistance Program Provides an ongoing series of Informational Brochures on Health & Wellness. Electronic distribution of health and wellness materials is now available for wellness coordinators.

Available Informational Brochure Topics Include:

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| ■ Talking to your Child About Substance Abuse | ■ Methamphetamine |
| ■ Family Communication | ■ Stress Management |
| ■ Patterns of Alcohol Abuse | ■ Marijuana |
| ■ Making Peace with Your Strong Willed Child | ■ Why Marriages Succeed |
| ■ Let's Not Forget About Alcohol Abuse | ■ Ecstasy (or is it?) |
| ■ Managing Your Family's Financial Resources | ■ Compulsive Gambling |
| ■ LSD | ■ Smoking & the Use of Tobacco |
| ■ Depression | ■ Inhalants |
| ■ Substance Abuse: Fact & Fiction? | ■ Conflict resolution |
| ■ Developing Positive Self-Esteem | |

St. Alexius Employee Assistance Program Website

We offer an easy access website that provides quality articles and brochures on health & wellness, and on themes for effective living. The website, st.alexiusseap.com provides opportunities for contact with members of the EAP staff for consultation and review of personal, professional, family, and social concerns that may impact upon wellness. The website also provides information on current and future health & wellness educational and training opportunities offered by the staff of the St. Alexius Employee Assistance Program.

Related Primecare Network Referral Identification

For regional wellness programs, related medical service identification and referral information can be coordinated through the St. Alexius Employee Assistance Program: Laboratory services, work-site ergonomic evaluations, nutritional education, medical screening, tobacco cessation services and medical education services are a few examples of this service.